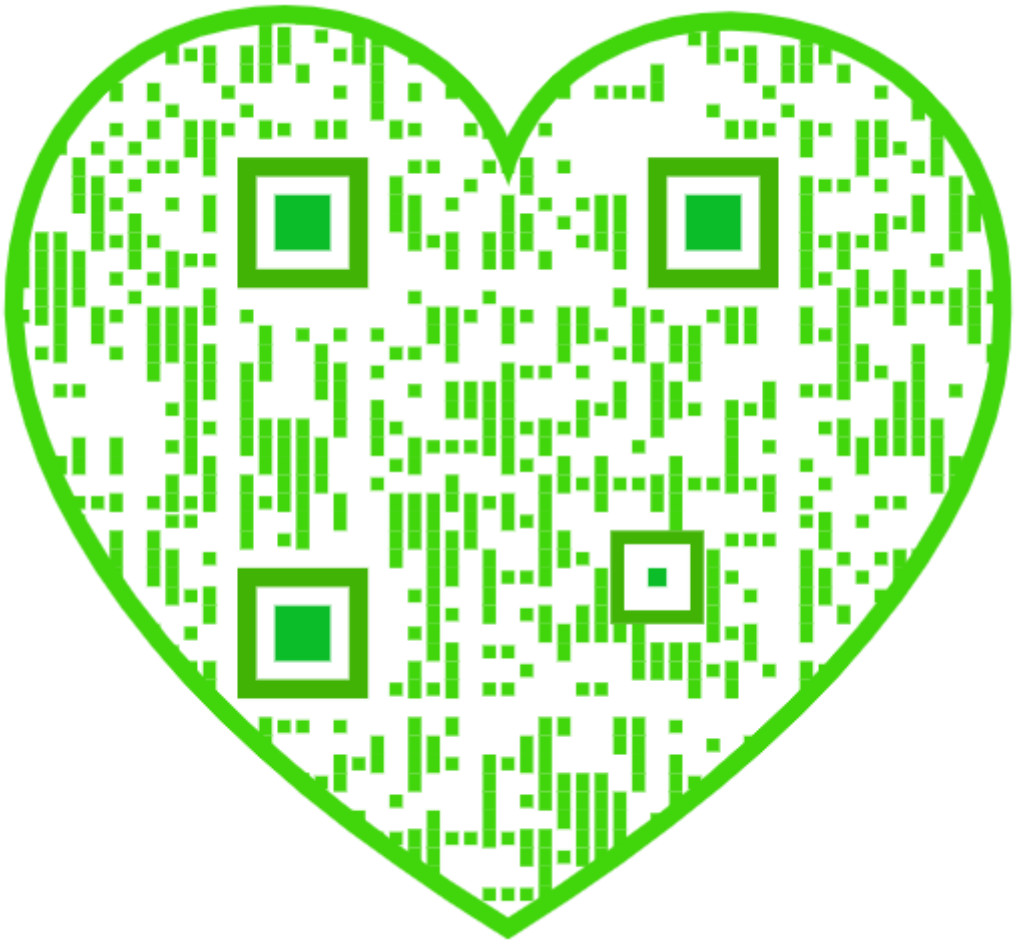

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BOXING

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Spalding's California Boxing Gloves

Are used by all the Leading Professional Boxers and by

THE AMATEUR ATHLETIC UNION OF THE UNITED STATES

In the Annual Championship Contests.

The California Glove was used by Jack McAulliffe and Billy Myer in their great contest at New Orleans, Sept. 5th, 1892.

JACK MCAULLIFFE, Light Weight Champion, writes :

New York City, Sept. 16, 1892.

SIR—I have used the A. G. Spalding glove in nearly all my contests and find it superior to all others.

I am about to go on the road and as my supply of gloves is limited wish to order three sets of 8 oz. gloves for use during my engagement, Yours, etc.,

JACK MCAULIFFE.

BILLY MYER'S opinion :

Chicago, 21st Sept., 1892.

ESSRS. A. G. SPALDING & BROS., Chicago, Ill.

GENTLEMEN – Referring to your enquiry respecting your gloves, would say I ed your No. 130 Special while training and they gave entire satisfaction, and e we used in the contest at New Orleans, Sept. 6th, were perfect in every par- ir. Your gloves are all right. Yours respectfully,

BILLY MYER.

---

orge Dixon and Jack Skelly used the California Glove in their battle at New Orleans, Sept. 6th, 1892.

GEORGE DIXON, the Champion, says :

NEW YORK, Oct. 6th, 1892.

MESSRS. A. G. SPALDING & BROS., New York City.

DEAR SIRS—The gloves used by me in my fight with Skelly were a first-class ove and satisfactory in every way and it is with pleasure that I recommend them.

K SKELLY writes :

New York, Sept. 22d, 1892.

SSRS. A. G. SPALDING & BROS.

GENTLEMEN—I wish to compliment you on the California Boxing glove which I used in my contest with Dixon before the Olympic Athletic Club members at New Orleans, on Sept. 6th.

Without hesitation I can recommend it to any boxers, either amateurs or professionals, and in my opinion it is the best glove that I ever used.

Yours respectfully, JOHN J. SKELLY.

The California Boxing Gloves are manufactured by

A. G. SPALDING & BROS.,

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BOXING.

A MANUAL

DEVOTED TO THE ART OF SELF-DEFENCE.

A PERFECT TREATISE ON BOXING, WITH VALUABLE ILLUSTRATIONS SHOWING JUST WHAT POSITIONS TO TAKE WHEN GOING TO LEAD AND ALSO IN RELATION TO DEFENCE.

Illustrated with Seventy-six Illustrations.

LONDON PRIZE RING RULES, MARQUIS OF QUEENSBURY RULES, AND RULES OF THE AMATEUR ATHLETIC UNION.

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BOXING.

There is no exercise that will so surely cultivate activity, endurance and strength, as boxing. Besides being an excellent school for the nerves and temper, it also develops the body, gives symmetry to the parts, and grace to the movements.

Boxing has been called brutal; those who hold that view look only at the worst aspect of the means; being an expert boxer does not tempt one to bully or fight, any more than being an expert penman would tempt a person to commit forgery. Our experience has been, that the best boxers are generally men of great forbearance under provocation, and we are satisfied that the knowledge of boxing, renders men not quarrelsome, but forbearing; for they feel that it is "glorious to possess a giant's strength, but cowardly to use it like a giant." It is in many respects the best of all exercises; every muscle in the body is used; head, arms, legs and feet are all called into play; your tools are always with you; and we may say that this is the only exercise requiring rapidity and strength combined.

In entering upon the practice of the "Art of Self Defense" the pupil will be benefited by reading carefully the following suggestions.

Secure the services of an active, even-tempered, companionable opponent, as near your own height and weight as possible, and provide a set of good boxing gloves. In regard to the latter, the white gloves used by professionals are best, as they are not apt to scratch the face or blacken the eyes, which the cheap buck-skin almost invariably do in heavy sparring.

When sparring always keep the arms in the proper position; never drop your hands until out of distance.

THE ARM. The movements of the arms should be light and free when not hitting, even then the muscles should not be compressed unless the blow reaches its mark. Cultivate quickness; endeavor to make the hand reach the object aimed at in the straightest possible line and without any intermission of time between the thought and the blow. Use the weight of the body as much as possible, in preference to the strength of the arms. Always get your blow to its mark even if you receive a counter in return; it will teach you to hit quicker and guard better next time. Never flip or slap. Always hit with the back of the gloves, keeping the hand half closed.

Do not hit below the belt; it is foul.

THE FEET. Without proper use of the feet no person can become an expert boxer; for when two persons of equal science are sparring, it becomes more a matter of generalship, than science. Their feet and legs are used more than their hands, they feint, rush in, strike and get away, each one endeavoring to out maneuver his opponent.

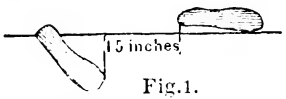

Fig.1.

The position of the feet should be as shown in Fig. 1. The left foot should be flat on the ground and pointed in a direct line with your adversary; the right heel must be in a line with and behind the left heel; the toe of the right foot should be turned slightly out. The distance between the feet should be from 12 to 15 inches according to the height.

Both knees should be slightly bent, and the right heel raised so that the weight of the body will rest on the ball of the foot.

To advance, move the left foot forward about ten inches, follow with the right at the same distance.

To retreat, step back the same distance with the right foot and follow with the left. The space between the feet should at all times be as nearly as possible as shown in the engraving.

To avoid a rush, move the left foot about twelve inches to the right and follow with the right, or move the right foot the same distance to the left, and follow with the left, keeping the feet about fifteen inches apart, and facing your adversary. By this arrangement of steps, the right foot is always behind the left leaving you in position, either for attack or defense.

In sparring, move cautiously around your adversary. Keep the left hand and foot in advance, and after delivering a blow, work to the right, to get out of reach of his right hand.

THE HEAD. In sparring, the position of the head is very important; it should be held in such a manner, that it may be rapidly drawn to either side to avoid a blow.

The chin should be inclined slightly, the face turned to the right, so that both eyes will not be on a line with your opponent's left hand.

Keep the eyes open, and the mouth and teeth firmly closed. Never bite the lips or put the tongue between the teeth.

Look your antagonist directly in the eye, and endeavor to avoid showing by the expression of the eye and face, when you intend to hit.

A most essential feature in sparring, is a well governed "head-work," otherwise known as ducking. It is an excellent method of avoiding a blow, though it is generally used for the purpose of countering. They are, the duck to the left to counter with the left hand,

and the duck to the right to counter with the right hand. In both cases the duck is the same, whether countering for the face or body. There are also the ducks to the left or right when leading off with the left hand. Never duck without hitting; it is dangerous. Always duck away from your opponent, do not raise your head until out of distance.

THE BODY. Little can be said in regard to the position of the body, that has not been already noticed in connection with its other members. It is necessary however to make as much as possible of the weight of the body in hitting. The blow that is simply delivered by the muscular action has much less force than when backed by the full weight of the body. In sparring the body should move slightly with the arms. Throw the right shoulder well back and slightly sink it, leaving the left one a trifle the higher. The whole body should be turned a quarter from your adversary, in order that the stomach and ribs may be less exposed.

Avoid if possible, close work with an opponent of superior weigl

When opposed to an opponent taller than yourself, fight at his be using the ducks as herein shown.

GETTING IN TIME. When your adversary approaches to draw back your right hand and advance the left about ha When he retires, withdraw the left and resume position w When sparring this movement will enable you to get yo time, and allow you to lead or counter, without the inten readily discovered. This movement must be slight and done easy manner; over-done it is useless and awkward.

GETTING IN DISTANCE. When your adversary moves toward you, if he is not well covered, step in suddenly and hit him, retreating as soon as the blow is delivered. Endeavor at all times to lead off as your opponent moves forward, as otherwise it will be easy for him to guard the quickest blow.

FEINTING. This is done by preten ding to strike nd hitting at another; and in other cases to draw any p or which you are prepared to counter. Feint by drav hand back and advancing the left foot, or making a q as if to strike with the left hand at the head, and hittin or, feint with the left hand for the face and duck an with either hand. A feint may also be executed by a at the waist or feet and hit at the face, or by a su as if to strike, stopping and following with a gene

The blows used by modern boxers are as follo

The left-hand blow at the face. The left h

The right-hand blow at the face. T

These can be varied with either hand by: The chopping or downward blow, the swinging or roundabout blow, the upper cut or lifting blow. These last are generally considered as unscientific and are, with the exception of the upper cut, rarely used by experts.

Particular attention should be given to the correct manner of closing and holding the hand, which in all cases should be, as shown in FIG, 1.

SHAKING HANDS.

It is customary before and after a bout, to shake hands as a token of friendship, it is a good custom and should always be done.

After the ceremony, step back and assume the position on guard before again getting within distance of your opponent, see FIG. 2.

POSITION ON GUARD.

Stand in the position shown in FIG. 3 and 4, the feet from twelve to fifteen inches apart, according to height, the right heel on a line with the left, the toes turned slightly out.

The right arm should be across the bottom of the ribs, the finger ·kles touching the left breast. The left nand should extend on · with your elbow and your opponent's face and when not in should rest easily against the side.

TIE LEFT-HAND LEAD OFF AT THE FACE.

.hand blow at the face is the most common one used in _ a nd attention should be given to attaining proficiency in it. .. reading 5, make a short step in with the left foot, straighten the arm and strike di rectly at the centre of your opponent's face, bending for ward slightly from the waist. Throw the shoulders forward and if the blow reaches its mark back it up with the whole weight of the body.

Do not chop or swing the arm.

In the engraving, see FIG. 5 the dotted figure illustrates the attitude on guard, the other figure shows the position the instant the blow i ·iver· ·e two together show the change from one position to th stance necessary to step in and illustrates the great rea obtained by throwing the shoulders forward; also the p· lit hand to guard a counter if it should be given. The th hands and feet should be together and instantaneous.

HAND GUARD FOR THE FACE FIG. 6.

the blow coming throw the forearm up and outward, of the hand out, so that the force of the blow will be y part of the arm, lean a trifle backwards. Keep extend the arm only far enough to turn the blow

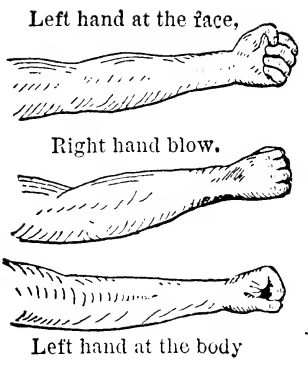

FIG. 1.
How to Hold The Hand.

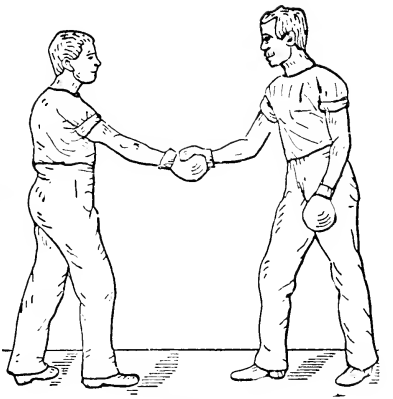

FIG. 2.
Shaking Hands.

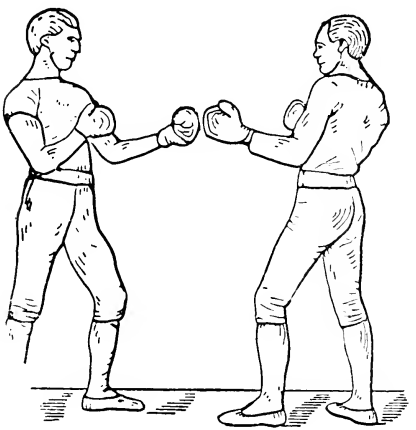

FIG. 3.
sition on Guard.

FIG. 4.
Attitude on-Guard.

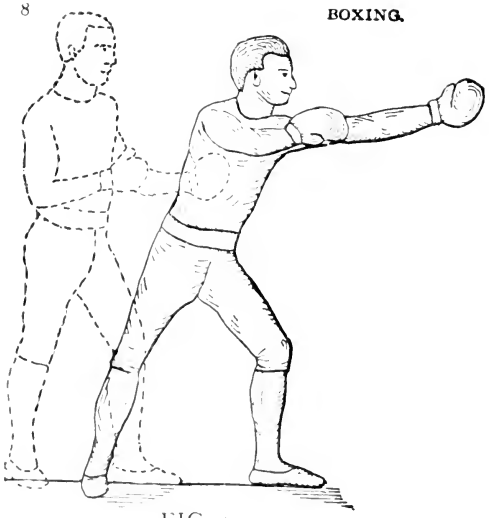

FIG. 5.
LEFT-HAND LEAD-OFF AT THE FACE, AND CHANGE IN POSITION.

FIG. 6.
RIGHT-HAND GUARD FOR THE FACE.

FIG. 7.
RIGHT-HAND GUARD AND DUCK.

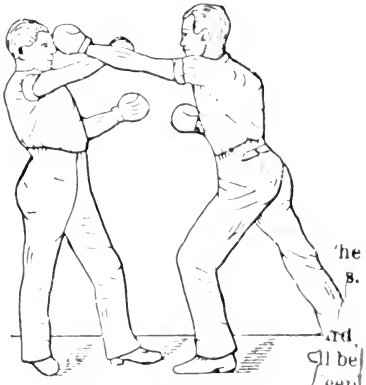

FIG. 8.
LEFT-HAND LEAD-OFF FOR
AND RIGHT-HAND GUA

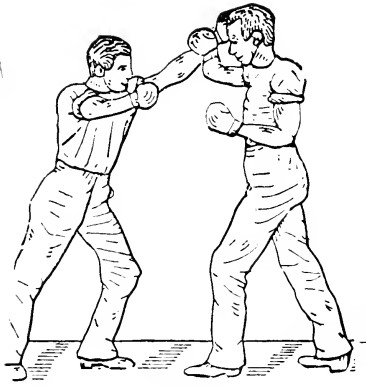

FIG. 9.
LEFT-HAND LEAD-OFF WITH GUARD FOR A COUNTER.

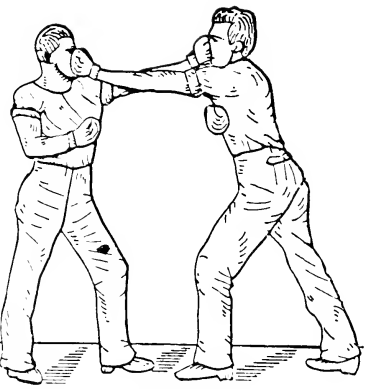

FIG 10.
BOTH LEAD-OFF WITHOUT GUARDING.

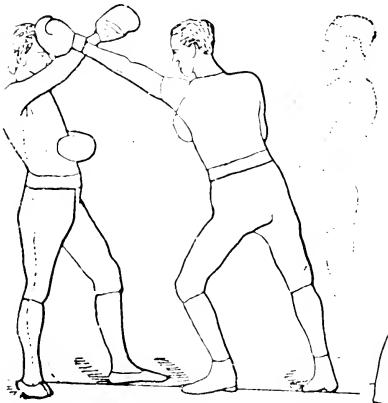

FIG. 11.
CHANGE IN POSITION FOR THE LEFT-HAND LEAD-OFF AND RIGHT-HAND GUARD.

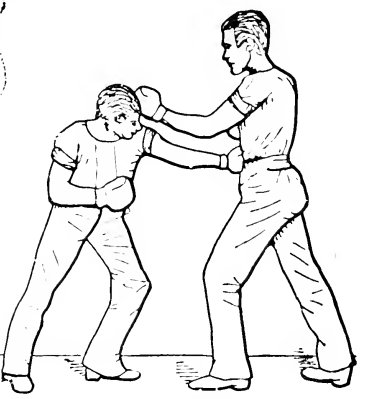

FIG. 12.
LEFT-HAND LEAD-OFF FOR THE BODY.

DUCK AND GUARD FOR THE FACE.

Raise the right arm to a level with the centre of the face, bend the head forward and to the left, thus enabling you to see your opponent under your arm. The forearm should cross the face and be thrown forward to turn the blow.

FIG. 8 Left-hand lead-off at the face without guarding.

FIG. 9 Left-hand lead-off at the face with guard.

FIG 10. Both lead-off with the left hand at the face without guarding

FIG. 11 The change of position from on guard, to lead-off at the face with the left-hand and the right-hand guard for the face.

THE LEFT-HAND LEAD OFF FOR THE BODY FIG. 12.

This blow should be aimed at the pit of the stomach. It can best be done by feinting with the right hand to induce your opponent to throw up his left hand, thus exposing the stomach. Duck to the right when leading off and step in twice the distance of an ordinary step. Be careful to spring back before raising the head.

RIGHT-HAND GUARD FOR THE BODY FIG. 13 and 14.

Turn the palm of the hand down and beat the blow off with the forearm.

This blow can also be stopped by hitting your opponent in the face before he can get his head down: though to do so it will be necessary to foresee his intentions. Keep the right-hand across the stomach when attempting this manoeuver.

RIGHT-HAND STOP FOR THE LEFT-HAND BODY BLOW.

FIG. 15.

Place the left arm directly over the pit of the stomach making a V of the arm, with the hand inclined towards the chin. The muscles must be well set and the arm pressed firmly against the body. Move the right foot back to enable you to resist the force of the blow.

This blow can also be guarded with the right arm in the same manner; when the arm is not extended.

LEFT-HAND COUNTER FIG. 16.

Guard the blow of your opponent with your right arm as directed for the left hand lead off. Lean forward and slightly to the left to counter. The movement of both arms must be simultaneous.

LEFT-HAND COUNTER AND GUARD Fig. 17.

Guard the counter the same as your opponent does your lead-off.

The dotted and outline figures Fig. 18 show the necessary change in position, to guard and counter.

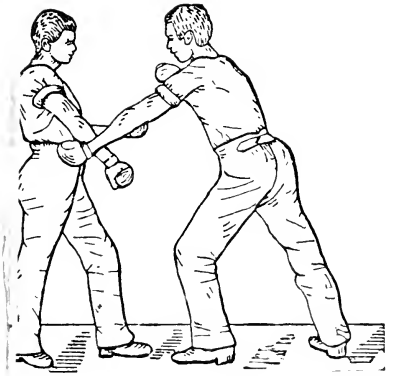

FIG. 14.
IGHT-HAND GUARD FOR THE BODY.

FIG. 13.
RIGHT-HAND GUARD FOR THE BODY.

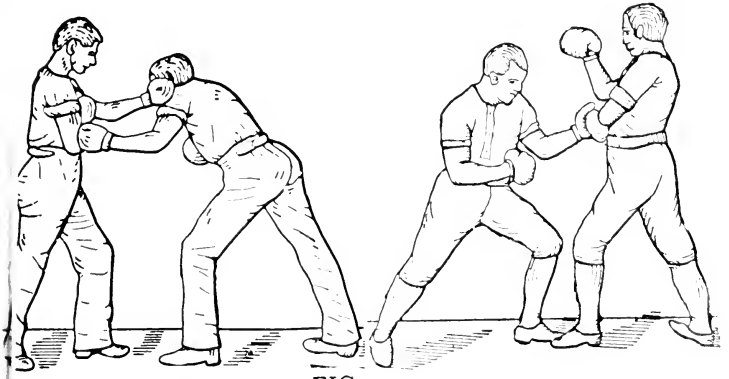

FIG. 15.
IGHT AND LEFT-HAND GUARDS FOR THE LEFT-HAND LEAD-OFF FOR THE BODY.

GUARD AND LEFT-HAND COUNTER FOR THE BODY.

FIG. 19.

The counter for the body is executed in the same manner as the one for the face, except that in hitting it is necessary to stoop and step forward.

DUCK AND LEFT-HAND COUNTER FOR THE FACE. FIG. 20.

As your opponent leads off at your face, throw the head to the right and forward, allowing the blow to pass over the left shoulder; step in striking for the face.

To guard the left-hand blow at the face when your opponent ducks to the left, use the right-hand guard as directed for all blows of the left hand, or as shown in the engraving Fig. 21 duck to the right as your opponent has done.

The figures, Fig. 22 here shown illustrate the change in positions.

DUCK AND LEFT-HAND COUNTER FOR THE BODY.

FIG. 23.

The counter for the body is struck the same as for the head, except that the blow is aimed at the pit of the stomach.

To guard it use the right-hand guard for the body; or, avoid it by springing back.

FIG. 24 shows the change in position.

RIGHT-HAND COUNTER INSIDE THE ARM. FIG. 25.

Guard your adversary's lead-off with your right arm; then without returning your arm to its first position, step in and hit with the right hand at the face, the blow passing along the inside of your opponent's arm; making a hit difficult to guard. To avoid this blow spring back out of distance, or guard it with the right arm. This blow though not severe is useful when opposed to an opponent who attempts to crowd you back.

LEFT-HAND GUARD AND RIGHT-HAND COUNTER.

FIG. 26.

Guard your opponent's left hand with your left, thus turning him partly to the left and exposing his left side to your right-hand counter, which should be delivered by stooping forward and striking close under the arm. In guarding, raise the arm somewhat higher than ordinarily.

This is a very telling blow when well executed, and very useful to oppose an opponent who runs to the left when sparring.

To guard or avoid the blow, press against your opponent's guard and spring back.

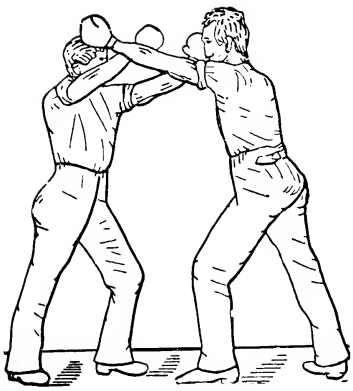

FIG. 17.
LEFT-HAND LEAD-OFF, RIGHT-HAND GUARD, LEFT-HAND COUNTER AND GUARD FOR IT.

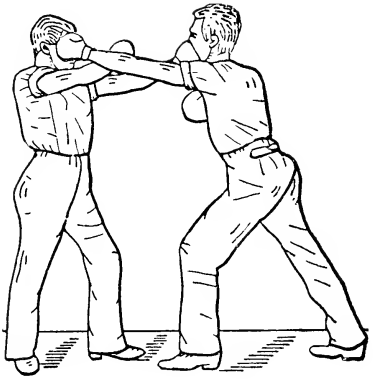

FIG. 16.
LEFT-HAND COUNTER TO A LEFT-HAND LEAD-OFF AT THE FACE.

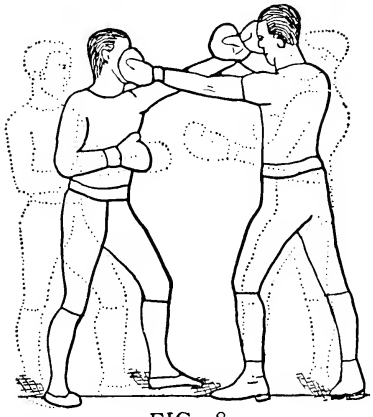

FIG. 18.
CHANGE IN POSITION FOR A LEFT-HAND COUNTER AT THE FACE.

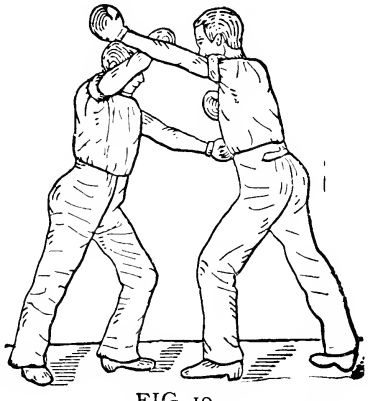

FIG. 19.
LEFT-HAND COUNTER AT THE BODY.

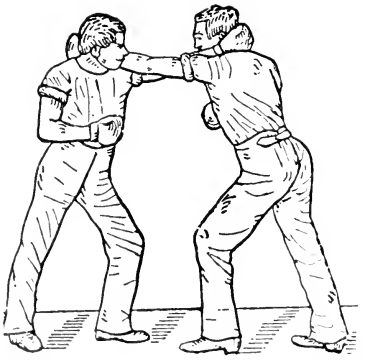

FIG. 21.
BOTH LEAD-OFF WITH THE LEFT HAND AT THE FACE AND DUCK.

FIG. 20.
DUCK AND LEFT-HAND COUNTER AT THE FACE.

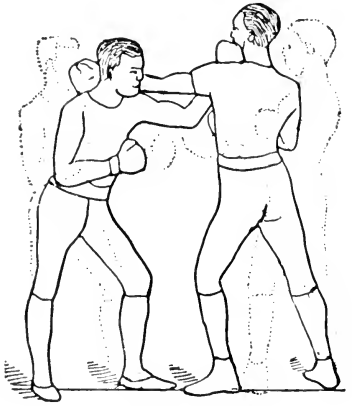

FIG. 22.
CHANGE IN POSITION TO DUCK AND COUNTER FOR THE FACE.

FIG. 23.
DUCK AND LEFT-HAND COUNTER FOR THE BODY.

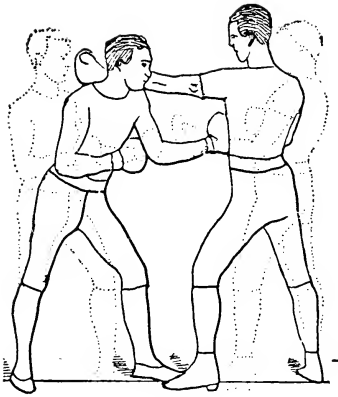

FIG. 24.
CHANGE IN POSITION TO DUCK AND COUNTER WITH THE LEFT HAND AT THE BODY.

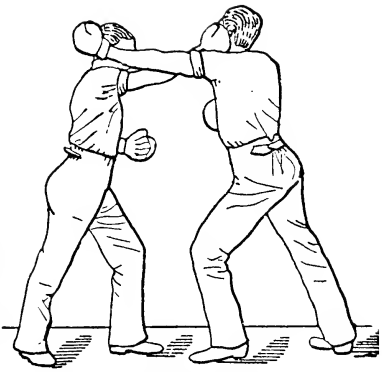

FIG. 25.
RIGHT-HAND INSIDE-COUNTER FOR THE FACE

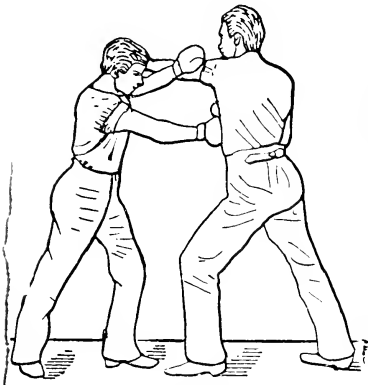

FIG. 26.
LEFT-HAND GUARD AND RIGHT-HAND COUNTER TO A LEFT-HAND LEAD-OFF AT THE FACE.

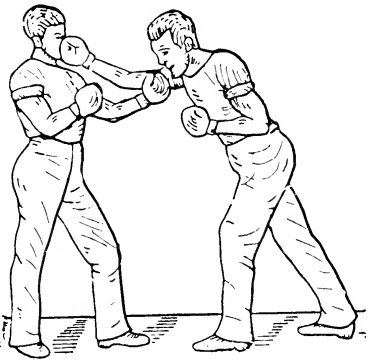

FIG. 27.
RIGHT-HAND LEAD-OFF AT THE FACE.

RIGHT-HAND LEAD OFF FOR THE FACE Fig. 27.

This lead off-can only be successfully used when your opponent holds his left hand too low when on guard. Step in with the left foot, duck to the left, striking for the face with the right hand and throwing the right side and shoulder forward.

To avoid a right-hand lead-off, duck to the left the same as your opponent does when leading off.

LEFT-HAND GUARD FOR THE FACE. Fig. 29 and 30.

Raise the arm, turn the palm to the front and move the right foot back.

RIGHT-HAND COUNTER FOR THE FACE. Fig. 31.

Guard the lead-off of your opponent with your left hand, and counter with the right hand at the face. Strike straight and throw the shoulder forward.

DUCK AND RIGHT-HAND COUNTER. Fig. 32.

Duck to the left and counter with the right hand at the face.

Fig 33. Change in position for a right-hand lead-off and left-hand guard for the face.

Fig. 34. Guard for a double lead-off with the left hand at face and body. Spring back at the same time.

RIGHT-HAND LEAD-OFF AT THE BODY. Fig. 35 and 36.

Duck to the left, stoop forward and aim the blow at the heart. This blow is seldom used except as a counter, hereafter explained.

LEFT-HAND GUARD FOR THE BODY. Fig. 37 and 38.

Turn the palm of the hand out and throw the blow off to the left, keeping the arm close to the body and at the same time springing back.

GUARD FOR RIGHT-HAND BODY BLOW Fig. 39 and 40.

Hold the left arm firmly again the side, spring back.

Fig. 41. Change in position in leading off with the right-hand at ody.

RIGHT-HAND COUNTER FOR THE FACE Fig. 42.

uard the lead-off at the body with your left hand and counter for ce with the right, as before described.

RIGHT-HAND CROSS-COUNTER Fig 43.

your opp[illegible] leads off at your face with his left hand, bend dy forward from the waist, duck slightly to the left, swing the ide forward and strike over your opponent's arm hitting him on

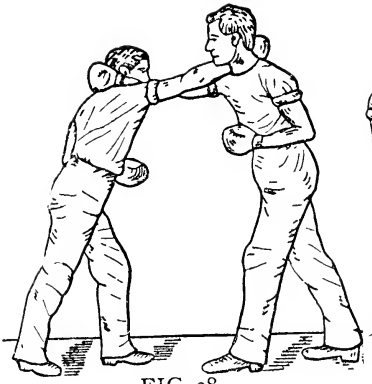

FIG. 28.
BOTH LEAD-OFF WITH THE RIGHT HAND AT THE FACE, AND DUCK.

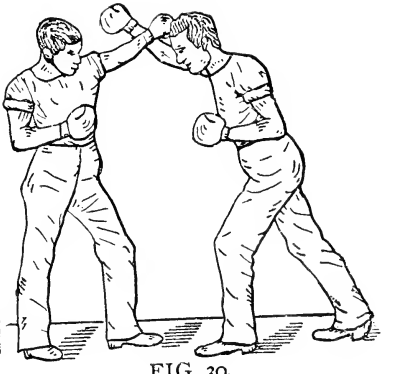

FIG. 30.
LEFT-HAND GUARD FOR A RIGHT HAND LEAD-OFF AT THE FACE.

FIG. 29
LEFT-HAND GUARD FOR A RIGHT-HAND LEAD-OFF AT THE FACE.

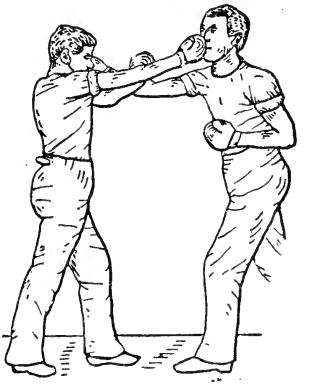

FIG. 31.
LEFT-HAND GUARD AND COUNTER TO A RIGHT-OFF AT THE FA

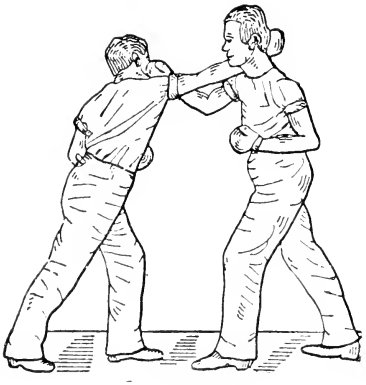

FIG. 32.
DUCK AND RIGHT-HAND COUNTER TO A RIGHT-HAND LEAD-OFF AT THE FACE.

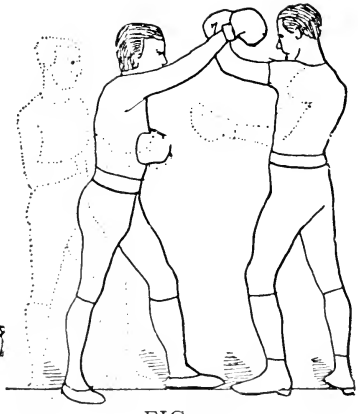

FIG. 33.
CHANGE IN POSITION FOR A RIGHT-HAND LEAD-OFF AT THE FACE, AND THE LEFT-HAND GUARD FOR IT.

FIG. 34.
DOUBLE LEAD-OFF OF
T THE FACE AND THE
D AT THE BODY.

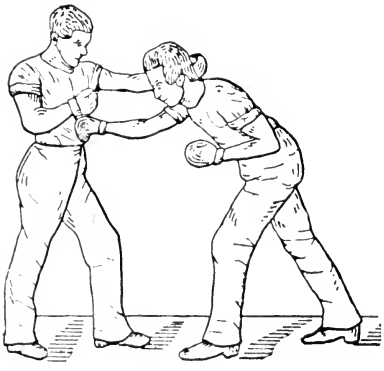

FIG 35.
RIGHT-HAND LEAD-OFF AT THE
BODY.

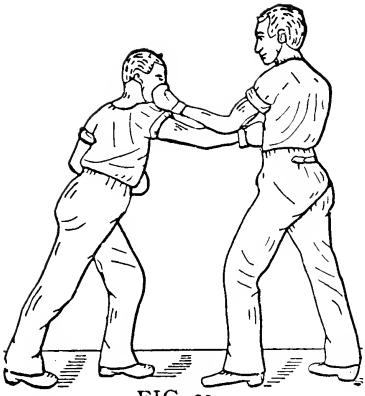

FIG. 39.
LEFT-HAND GUARD FOR A RIGHT-HAND LEAD-OFF AT THE BODY.

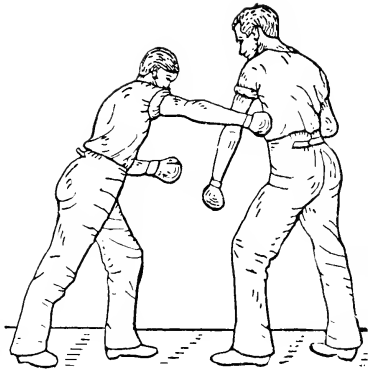

FIG. 36.
RIGHT-HAND LEAD-OFF AT THE BODY.

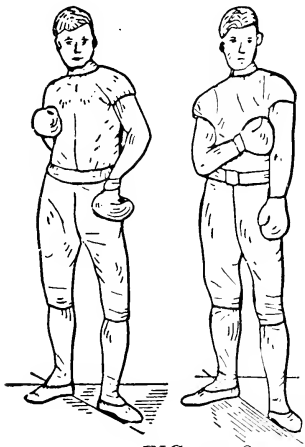

FIG. 37, 38.
LEFT-HAND GUARD FOR A RIGHT-HAND LEAD-OFF AT THE BODY.

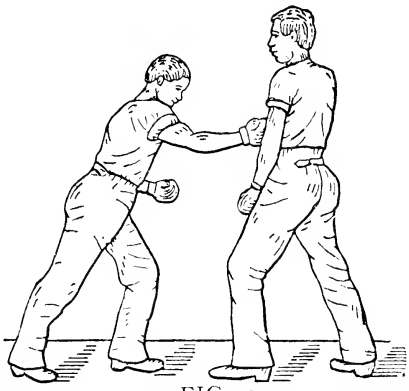

FIG. 40.
LEFT-HAND GUARD FOR A RIGHT-HAND LEAD-OFF AT THE BODY.

the side of the head.

The movement of the right arm should not be too quick, as it enables your opponent to anticipate your intention.

In hitting, bend the arm slightly and turn both feet to the left; this is the most effectual blow in sparring, and should be followed with a blow from the left at the face.

FIG. 44. The change in position necessary to cross-counter with the right hand.

DUCK FOR A CROSS-COUNTER. FIG. 45.

If by your opponent's movements you can tell that he intends to cross your lead, step in, strike out and duck the head forward so that the ear will touch the inside of the arm; the blow will then pass over the head.

TO GUARD A CROSS-COUNTER.

Partially withdraw the left hand and turn the elbow up, if done in time this will effectually guard it, and leave a splendid opening for a right-hand counter.

TO STOP A CROSS-COUNTER. Fig. 46.

Change the direction of the lead-off and hit your opponent on the chest near the shoulder or on the side of the head; or anticipating your adversary's intention, duck, and hit him in the body with either hand.

LEFT-HAND CROSS-COUNTER. Fig. 47.

Feint with the left hand to draw your opponent's cross-counter, throw the head back allowing the blow to pass by your face, then spring in hitting at his face over the arm.

This is very useful and is well worth practicing.

Practicular attention should be given to the feint of the left hand necessary to this manoeuver. Straighten the arm as if to hit, at the same time advancing the left foot, then withdraw the foot and hit at the face; this when repeated occasionally will be apt to draw the cross-counter of your opponent.

DUCK AND RIGHT-HAND COUNTER FOR THE BODY. FIG. 48.

This blow is delivered the same as the right-hand cross-counter and should be struck at the ribs.

It is very difficult to guard this blow as the left arm is out when the counter is delivered; it can only be done by dropping the arm and beating the blow down, at the same time springing back, thus reducing the force of the blow, if struck.

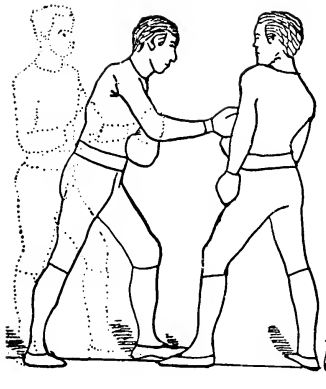

FIG. 41.
CHANGE IN POSITION FOR A RIGHT-HAND LEAD-OFF AT THE BODY AND THE GUARD FOR IT.

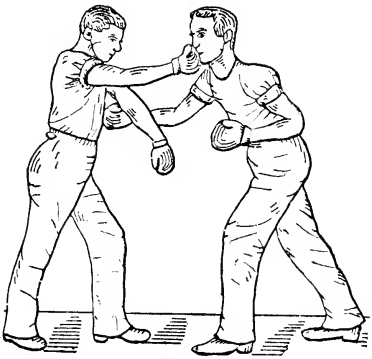

FIG. 42.
LEFT-HAND GUARD AND RIGHT-HAND COUNTER TO A RIGHT-HAND LEAD-OFF AT THE BODY.

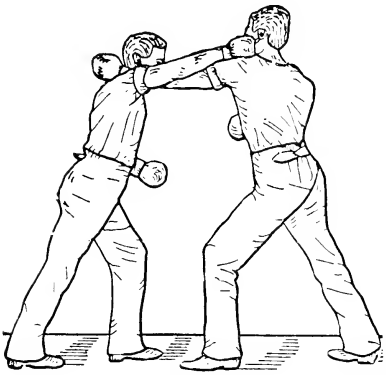

FIG. 43.
RIGHT-HAND CROSS-COUNTER.

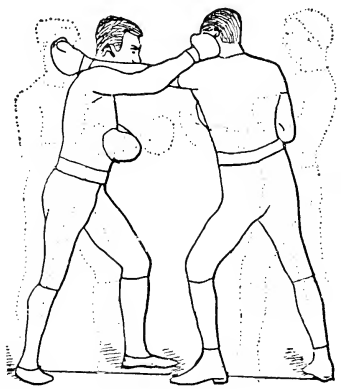

FIG. 44.
CHANGE IN POSITION FOR A RIGHT-HAND CROSS-COUNTER.

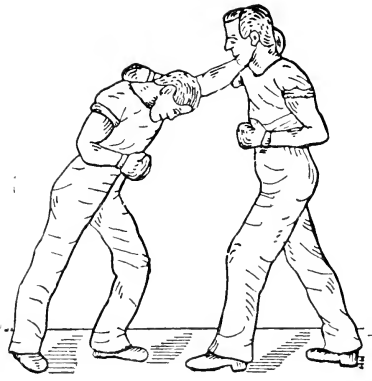

FIG 45
DUCK FOR A RIGHT-HAND CROSS-COUNTER.

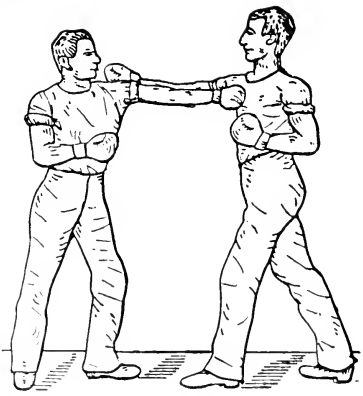

FIG. 46
STOP FOR A RIGHT-HAND CROSS-COUNTER.

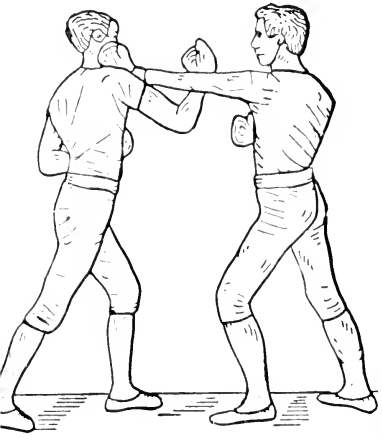

FIG. 47.
LEFT-HAND CROSS-COUNTER.

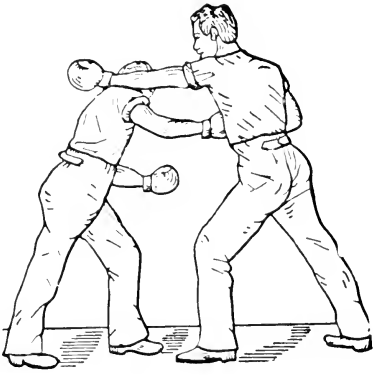

FIG. 48.
DUCK AND RIGHT-HAND COUNTER FOR THE BODY.

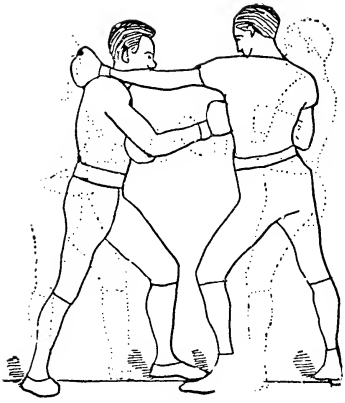

FIG. 49.
CHANGE IN POSITION FOR A RIGHT-HAND-COUNTER FOR THE BODY

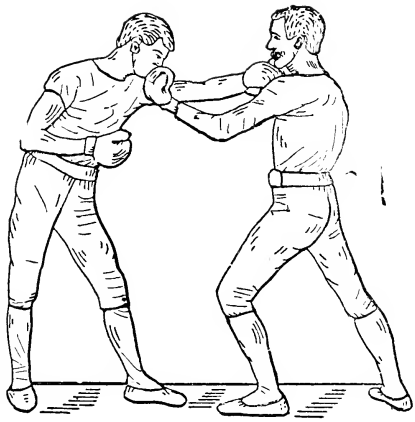

FIG. 50.
LEFT-HAND UPPER-CUT.

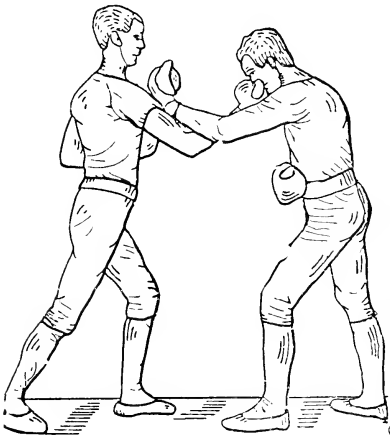

FIG. 52.
STOP FOR A LEFT-HAND UPPER-CUT.

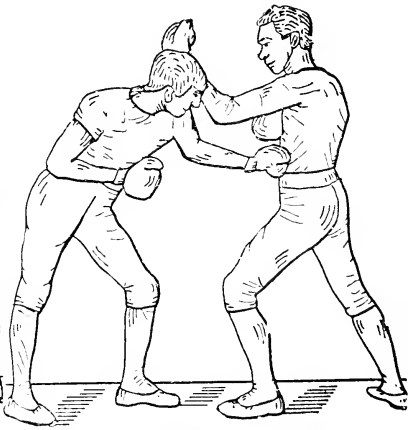

FIG. 51.
DUCK AND COUNTER FOR A LEFT-HAND UPPER-CUT.

Fig. 49. Change in position for a right-hand counter for the boc

LEF-THAND UPPER-CUT. Fig. 50.

When your opponent leads off with his left hand and ducks h head forward, strike upwards with the left hand at his face. Thi blow is really a counter and the force of the blow comes from the body

DUCK AND COUNTER FOR A LEFT-HAND UPPER CUT. Fig. 51.

Duck to the right and strike for the body with the left hand.
Feint a lead-off with the head down, to draw the upper cut.

RIGHT-HAND UPPER CUT. Fig. 52

This blow is similar to the left-hand upper-cut and delivered for the same reason. Duck the head slightly to the left when hitting.

Fig. 47 To stop a left-hand upper-cut throw the head back and strike at your adversary's face with the left hand.

DUCK AND COUNTER FOR AN UPPER-CUT. Fig. 54.

Duck to the left and strike for the body with the right hand.

GETTING THE HEAD IN CHANCERY. Fig. 55.

When sparring always endeavor when at close quarters to get your opponent in this position. It is done by grasping your opponent around the neck after having led off and passed over his shoulder; hold him firmly with the left arm and punish him with the right.

Fig. 56. To get the head out of this position, press your left forearm against your opponent's chin throwing him backward, at the same time ducking the head and springing back.

Fig. 57 and 58. Another chancery hold and the break for it.

Fig. 59 and 60. When your opponent leads at your face and ducks to the left, catch him around the neck with your left arm, draw his head down and use your right hand on his left ribs. To get away from this hold, draw back the left hand and press your opponent back by pushing his head with the left and the body with the right hand,

RALLYING OR IN-FIGHTING, Fig 61.

Consists in getting your arms inside your opponent's and delivering several blows in rapid succession.

Having the feet close together lean forward, lower the head, keep your eyes on your opponent, use both hands and swing the shoulders forward with each blow.

In in-fighting the arm should not be drawn back, the force of the blow being given by the movement of the shoulders.

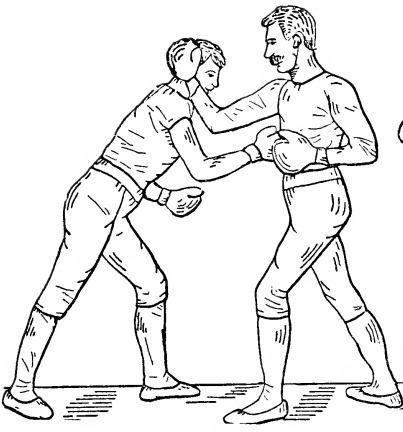

FIG. 54.
STOP FOR RIGHT-HAND UPPER-CUT.

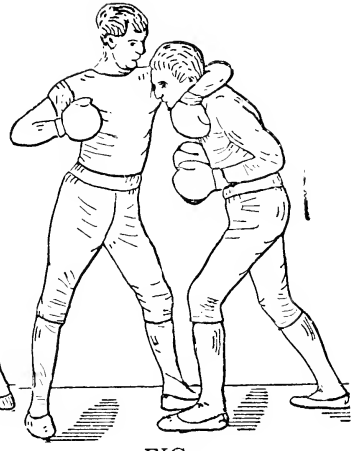

FIG. 55.
GETTING THE HEAD IN CHANCERY.

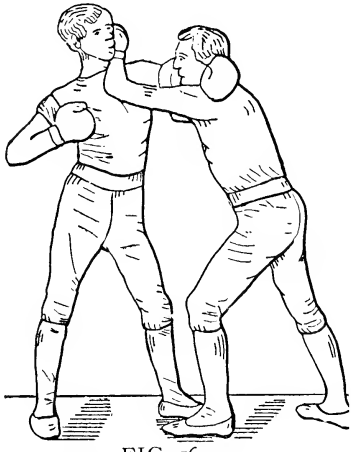

FIG. 56.
GETTING THE HEAD OUT OF CHANCERY.

FIG. 57.
ANOTHER CHANCERY HOLD.

FIG. 58.
BREAK FOR THE SECOND CHANCERY HOLD.

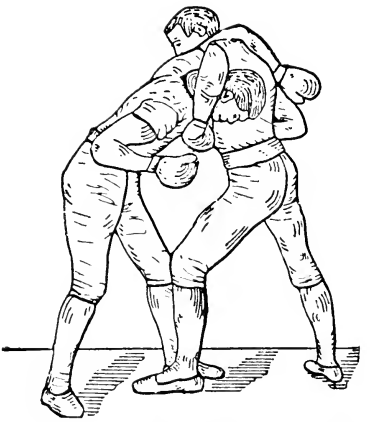

FIG. 59.
CHANCERY HOLD NO. THREE.

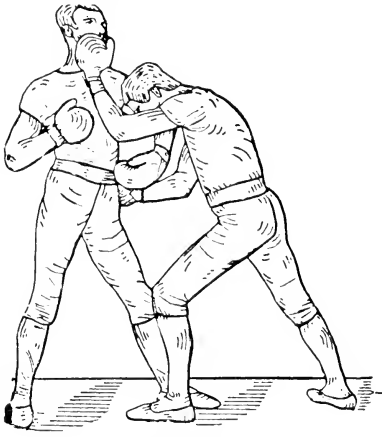

FIG. 60.
BREAK FOR CHANCERY HOLD NO. THREE.

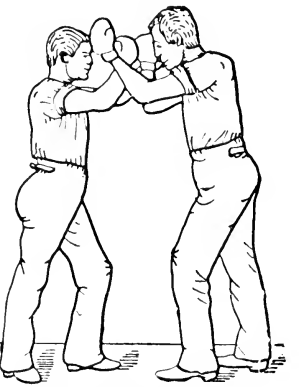

FIG. 61.
INN-FIGHTING.

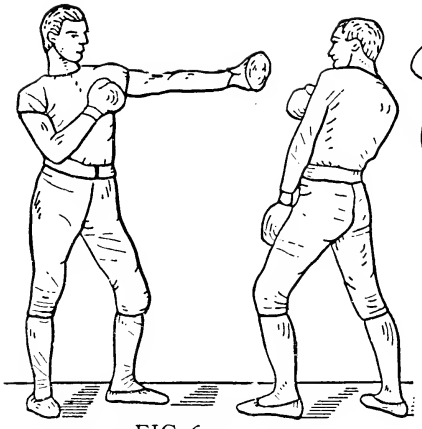

FIG. 62.
BREAKING GROUND OR RETREATING.

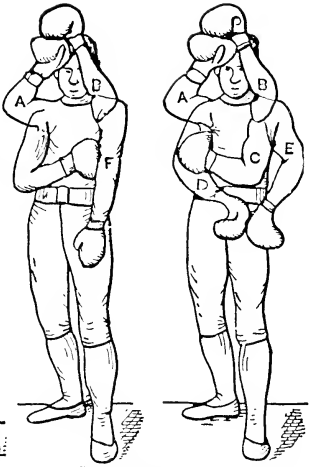

FIG. 63, 64.
ARM DEFENCE FOR ALL BLOWS.

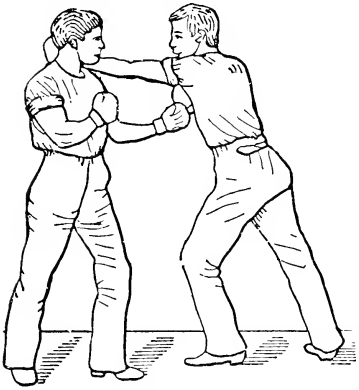

FIG. 65.
SLIPPING OR TAKING GROUND TO THE SIDE.

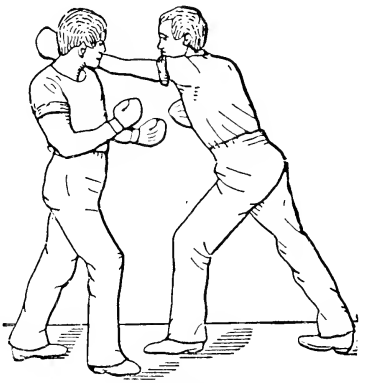

FIG. 66.
SIDE-STEP TO THE RIGHT.

RETREATING. Fig. 62.

When leading off at your opponent, your right foot should be slightly raised. If necessary to retreat, step back with the right foot and when it receives the weight of the body spring backwards, alighting with the left foot on the spot formerly occupied by the right; if necessary, take another step in the same manner.

ARM DEFENCE.

Fig. 63 and 64 The guards and stops for all blows are· A. A. right-hand guard for the face. B. B. left-hand guard for the face. C left-hand guard for left-hand body blow. D. right-hand guard for the body. E. and F. left-hand guard for the body.

SLIPPING. Fig. 65.

The maneuver here represented is very useful in avoiding a rush, or getting away when against a stationary object.

Duck to the right and step out with the left foot at right angles to the former position. Face your opponent by turning to the left and moving the right foot behind you.

SIDE-STEP. Fig. 66.

When your opponent leads heavily for your face, duck to the right spring back with the left foot and forward with the right; thus changing your position; placeing your right foot in advance of the left, then if there be an opening strike for your opponent's face with the right-hand and follow with a left-hand upper-cut.

RIGHT-HAND BOXING.

Fig. 67, To spar with an opponent who advances his right foot and arm. Be careful in leading off with the left hand. Lead off with the right and duck to the left.

Fig. 68 Guard the lead-off with the left hand and work to the left to avoid his left hand.

Fig. 69, Duck and counter at the face or body. Strike the same as for a right-hand cross-counter or a right-hand counter for the body. and avoid close work.

BACK-HEEL.

When using the duck and counter, as shown in Fig. 20, place your left foot outside and to the rear of your opponent's left heel, pushing him backwards and over your foot.

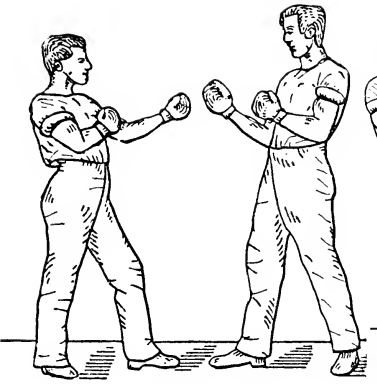

FIG. 67.
RIGHT FOOT AND ARM ADVANCED IN SPARRING.

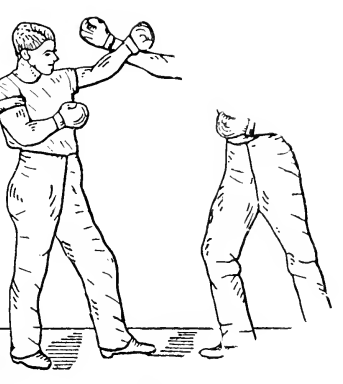

FIG. 68.
LEFT-HAND GUARD FOR A RIGHT-HAND BOXER.

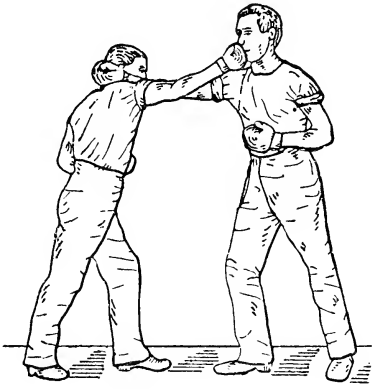

FIG. 69.
DUCK AND RIGHT-HAND COUNTER FOR A RIGHT-HAND BOXER.

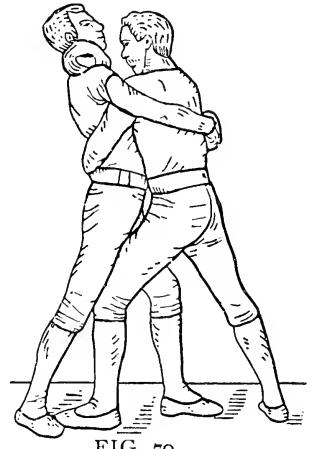

FIG. 70.
BACK-FALL IN WRESTLING.

accessory to boxing, is a very important branch of the which may be put to good use at any time.

ALL AND BREAK FOR IT. Fig. 70 and 71.

hrow your left arm well around your opponent's waist, ar left leg behind his right leg and press your right arm under his chin. Pull with your left, and push with your right hand, and throw him if possible, if not, break away before tiring yourself.

SIDE FALL. Fig. 72.

When sparring at close quarters catch your opponent around the waist with your right arm at the same time passing your right leg behind him; grasp his right arm with your left, lift him up and let him fall backwards to the ground.

BACK HIP-FALL. Fig. 73.

, our opponent leads off with his left hand, duck to the right, ..., throw the left arm tightly around his waist, place the left leg well behind him, raise him on your hip, catch him under the chin with your right hand and drop him to the ground.

CROSS BUTTOCKS. Fig. 74 and 75.

Throw your right arm around your opponent's neck, swing around, place your right leg in front of him, if possible catch his right arm with your left, then jerk him across your hip and throw him to the ground.

To break the cross-buttock. Put your left arm over your opponent's shoulder and press against the right side of his face. With the right hand grasp his right leg at the knee and by pushing with both hands turn him around to the left.

We have now described all the hits, stops, guards, chancery and falls, in boxing. The following table comprises all the blows, counters and guards, arranged to show plainly the proper guard or counter to oppose any blow, also the proper guard or counter to oppose the return of the person attacked.

Opposed to the LEFT-HAND BLOW AT THE FACE are:

1.	Right-hand guard.	In turn opposed by
2.	Right-hand guard and left-hand counter for the face.	1. 2. 4. 8. 9
3.	Right-hand guard and left-hand counter for the body.	2. 10.
4.	Left-hand guard and right-hand counter for the body.	see Fig. 23
5.	Duck and left-hand counter for the face.	see 20.
6.	Duck and left-hand counter for the body.	10. see 24.

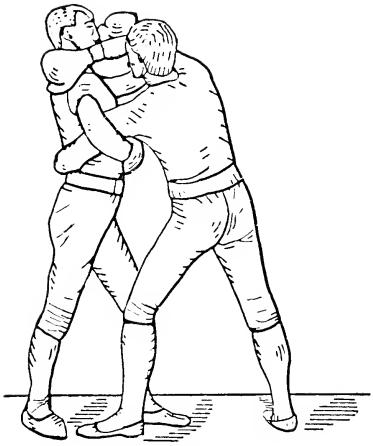

FIG. 71.
BREAK FOR A BACK-FALL.

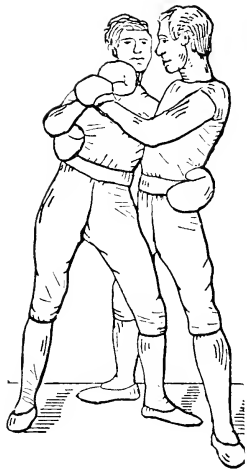

FIG. 72.
SIDE-FALL.

FIG. 73.
BACK HIP-FALL.

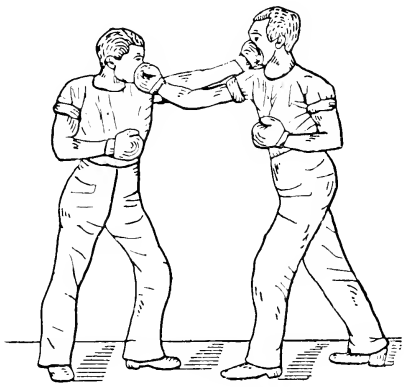

FIG. 74.
LEFT-HAND CROSS-COUNTER AND STOP FOR A RIGHT-HAND UPPER-CUT.

7. Right-hand counter for the face inside the arm. see 25.
8. Right-hand cross-counter. 15. 18. see Figs. 45. 46.
9. Duck and right-hand counter for the body. 19. 20. see Fig. 48.

Opposed to the LEFT-HAND BLOW AT THE BODY, are;
10. Left-hand guard.
11. Right-hand guard.
12. Right-hand guard and left-hand counter for the face. same as No. 2
13. Left-hand upper cut. see Fig. 51.
14. Right-hand upper cut. see Fig. 53.

Opposed to the RIGHT-HAND BLOW AT THE FACE. are;
15. Left-hand guard.
16. Left-hand guard and right-hand counter for face. 15.
17. Duck and right-hand counter for face. 15.
18. Left-hand cross-counter.

Opposed to the RIGHT-HAND BLOW AT THE BODY. are;
19. Left-hand guard.
20. Left-hand upper-cut. see Fig. 51.

The numbers after each opposing blow show the guard or counter that should be in turn used to oppose the one delivered.

To combine theory with practice, it will be necessary for the pupils to practice both the offensive and defensive of all blows.

Take the movements in the order given, skip none and practice each one thoroughly before attempting another, and master them all before having a genuine set-to.

The best method of practicing the different blows and guards, is as follows. Practice each blow slowly at first and increase the speed gradually until the blows are made smartly and in as rapid succession as possible, but not omitting to return to the position, on guard, after each blow. In this manner, alternately going through all the guards and counters opposed to each blow in order described. Continue in this manner until you have mastered the theory of each movement.

The double lead off and combination blows are struck thus. Lead off for the face with the left hand, step in and strike again with the left either at the face or body, or follow the left-hand blow with one delivered from the right hand at the face or body. A third blow can be struck with either hand in the same manner.

To make a good set-to it will be necessary for the pupil to pay particular attention to the following maneuvers; they consist of feints to draw out any particular blow and stops or counters to oppose them when delivered.

Feint with your left hand, to draw a left-hand counter. Guard the counter and counter it with your left hand. see Fig. 17.

Strike with the left hand and let the blow fall short; your face will then be exposed to a left-hand counter, which you can cross-counter or duck and counter for the body with your right hand. see Fig. 43. 48.

Feint with your left hand to draw a cross-counter, throw the head back allowing the blow to pass by your face, then spring in and strike over the arm for the face. see Fig. 47.

Strike short with the left hand, to draw a cross-counter. Change the blow to a guard, by turning the elbow up, and counter with the right hand. see Fig. 31, .

In a set-to never do the same thing twice in succession; do not be too impetuous; try to out-general your opponent; work out as many points as possible, science is superior to strength in this respect, if you drop your science and rush in, strength will surely win. Never lose your temper, remember that cool courage is superior to hot headedness; never degenerate into a rough, unmeaning, unscientific scramble. Be manly and seek no undue advantage.

If, in attempting any particlar maneuver you do not at first succeed, wait until you have another and more favorable opportunity and try it again.

Spar with any one who invites you to do so. The more your superior he is, the better. Be afraid of no one until you have tried him. If he abuses you, it will then be time to stop.

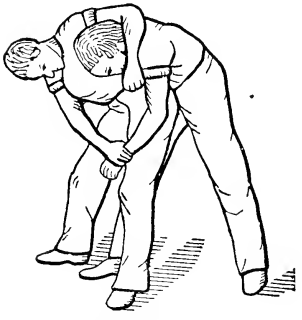

FIG. 75.
CROSS-BUTTOCK.

FIG. 76.
BREAK FOR THE CROSS-BUTTOCK.

RULES
OF THE
LONDON PRIZE RING.

1. The ring shall be made on turf, and shall be four-and-twenty feet square, formed of eight stakes and ropes, the latter extending in double lines, the uppermost line being four feet from the ground, and the lower two feet from the ground. In the centre of the ring a mark be formed, to be termed a scratch.

2. Each man shall be attended to the ring by two seconds and a bottle-holder. The combatants, on shaking hands, shall retire until the seconds of each have tossed for choice of position, which adjusted, the winner shall choose his corner according to the state of the wind or sun, and conduct his man thereto; the loser taking the opposite diagonal corner.

3. Each man shall be provided with a handkerchief of a color suitable to his own fancy, and the seconds shall entwine these handkerchiefs at the upper end of one of the centre stakes. These handkerchiefs shall be called "Colors," and the winner of the battle at its conclusion shall be entitled to their possession as the trophy of victory.

4. The two umpires shall be chosen by the seconds or backers to watch the progress of the battle, and take exception to any breach of the rules hereafter stated. A referee shall be chosen by the umpires, unless otherwise agreed on, to whom all disputes shall be referred; and the decision of this referee, whatever it may be, shall be final and strictly binding on all parties, whether as to the matter in dispute or the issue of the battle. The referee shall be provided with a watch for the purpose of calling time; the call of that referee only to be attended to, and no other per-

son whatever shall interfere in calling time. The referee shall withhold all opinion till appealed by the umpires, and the umpires strictly abide by his decision without dispute.

5. On the men being stripped it shall be the duty of the seconds to examine their drawers, and if any objection arises as to insertion of improper substances therein, they shall appeal to their umpires, who, with the concurrence of the referee, shall direct what alterations shall be made.

6. The spikes in the fighting boots shall be confined to three in number, which shall not exceed three-eighths of an inch from the sole of the boot, and shall not be less than one-eighth of an inch broad at the point; two to be placed in the broadest part of the sole and one in the heel; and in the event of a man wearing any other spikes, either in toes or elsewhere, he shall be compelled either to remove them or provide other boots properly spiked, the penalty for refusal to be a loss of the stakes.

7. Both men being ready, each shall be conducted to that side of the scratch next his corner previously chosen; and the second on the one side, and the men on the other, having shaken hands the former shall immediately leave the ring, and there remain until the round be finished, on no pretense whatever approaching their principles during the round, without permission from the referee. The penalty to be the loss of the battle to the offending parties.

8. At the conclusion of the round when one or both of the men shall be down, the second shall step into the ring and carry or conduct their principles to his corner, there affording him the necessary assistance, and no person whatever be permitted to interfere in his duty.

9. On the expiration of thirty seconds the referee appointed shall cry "Time," upon which each man shall rise from the knee of his second and walk to his own side of the scratch unaided; the seconds immediately leaving the ring. The penalty for either of them remaining eight seconds after the call of time to be the loss of the battle to his principal; and either man failing to be at the scratch within eight seconds shall be deemed to have lost the battle.

10. On no consideration whatever shall any person except the seconds and the referee be permitted to enter the ring during the battle ; nor till it shall have been concluded ; and in the event of of such unfair practice, or the ropes or stakes being disturbed or removed, it shall be in the power of the referee to award the victory to that man who, in his honest opinion, shall have the best of the contest.

11. The seconds shall not interfere, advise or direct the adversary of their principal, and shall refrain from all offensive and irratating expressions, in all respects conducting themselves with order and decorum, and confine themselves to the deligent and careful discharge of their duties to their principles.

12. In picking up their men, should the second willfully injure the antagonist of their principal, the latter shall be deemed to have forfeited the battle on the decision of the referee.

13. It shall be a fair "stand up fight," and if either men shall willfully throw himself down without receiving a blow, *whether blows shall have been previously exchanged or not*, he shall be deemed to have lost the battle ; but this rule shall not apply to a man who in a close slips down from the grasp of his opponent to avoid punishment, or from obvious accident or weakness.

14. Butting with the head shall be deemed foul, and the party resorting to this practice shall be deemed to have lost the battle.

15. A blow struck when a man is thrown or down shall be deemed foul. A man with one knee and one hand on the ground, or with both knees on the ground, shall be deemed down ; and a blow given in either of these positions shall be considered foul, providing always that, when in such position, the man so down shall not himself strike, or attempt to strike.

16. A blow struck below the waistband shall be deemed foul, and in a close, seizing an antagonist below the waist, by the thigh or otherwise, shall be deemed foul.

17. All attempts to inflict injury by gouging, or tearing the flesh with the fingers or nails, and biting shall be deemed foul.

18. Kicking, or deliberately falling on an antagonist with th knees or otherwise when down, shall be deemed foul.

19. All bets shall be paid as the battle money after a fight is awarded.

20. The referee and umpires shall take their positions in front of the centre stake, outside the ropes.

21. Due notice shall be given by the stakeholder of the day and place where the battle money is to be given up, and he be exonerated from all responsibility upon obeying the direction of the referee ; all parties be strictly bound by these rules ; and in future, all articles of agreement for a contest be entered into with a strict and willing adherence to the letter and spirit of these rules.

22. In the event of magisterial of other interference, or in case of darkness coming on, the referee (or stakeholder in case no referee has been chosen) shall have the power to name the time and place for the next meeting, if possible on the same day, or as soon after as may be. In naming the second or third place the nearest spot shall be selected to the original place of fighting where there is a chance of its being fought out.

23. Should the fight not be decided on the day all bets shall be drawn, unless the fight shall be resumed the same week, between Sunday and Sunday, in which case the referee's duties shall continue and the bets shall stand and be decided by the event. The battle money shall remain in the hands of the stakeholder until fairly won or lost by a fight, unless a draw be mutually agreed upon, or, in case of a postponement, one of the principals shall be absent, when the man in the ring shall be awarded the stakes.

24. Any pugilist voluntarily quitting the ring previous to the deliberate judgment of the referee being obtained shall be deemed to have lost the fight.

25. On an objection being made by the seconds or umpire the men shall retire to their corners, and there remain until the decision of the appointed authorities shall be obtained : if pronounced "foul" the battle shall be at an end, but if "fair," "time" shall be called by the party appointed, and the man absent from the scratch in eight seconds after shall be deemed to have lost the fight. The decision in all cases to be given promptly and irrevocably, for which purpose the umpires and the referee should be invariably close together.

26. If a man leaves the ring, either to escape punishment or for any other purpose without the permission of the referee, unless he is involuntarily forced out, shall forfeit the battle.

27. The use of hard substances, such as stones or sticks, or of resin in the hand during the battle shall be deemed foul, and on the requisition of the seconds of either man the accused shall open his hands for the examination of the referee.

28. Hugging on the ropes shall be deemed foul. A man held by the neck against the stakes or upon or against the ropes shall be considered down, and all interference with him in that position shall be foul. If a man in any way makes use of the ropes or stakes to aid him in squeezing his adversary he shall be deemed the loser of the battle, and if a man in a close reaches the ground with his knees his adversary shall immediately loose him or lose the battle.

29. All glove or room fights be as nearly as possible in conformity with the foregoing rules.

MARQUIS OF QUEENSBURY RULES.

1. To be a fair stand-up boxing match in a twenty-four foot ring or as near that size as practicable.

2. No wrestling or hugging allowed.

3. The rounds to be of three minutes' duration, and one minute time between rounds.

4. If either man fall, through weakness or otherwise, he must get up unassisted, ten seconds to be allowed him to do so, the other man meanwhile to return to his corner, and when the fallen man is on his legs the round is to be resumed and continued until the three minutes have expired. If one man fails to come to the scratch in the ten seconds allowed, it shall be in the power of the referee to give his award in favor of the other man.

5. A man hanging on the ropes in a helpless state, with his toes off the ground, shall be considered down.

6. No seconds or any other person to be allowed in the ring during the rounds.

7. Should the contest be stopped by any unavoidable interference, the referee to name time and place, as soon as possible, for finishing the contest; so that the match must be won and lost, unless the backers of both men agree to draw the stakes.

8. The gloves to be fair-sized boxing gloves of the best quality, and new.

9. Should a glove burst, or come off, it must be replaced to the referee's satisfaction.

10. A man on one knee is considered down, and if struck is entitled to the stakes.

11. No shoes or boots with springs allowed.

12. The contest in all other respects to be governed by the revised rules of the London Prize Ring.

BOXING RULES

— OF THE —

AMATEUR ATHLETIC UNION.

1. In all open competitions the ring shall not be l . . than 16 feet or more than 24 feet square, and shall be formed of 8 stakes and ropes, the latter extending in double lines, the uppermost line four feet from the floor and the lower line two feet from the floor.

2. Competitors to Box in regulation athletic costume, in shoes without spikes, or in socks, and to use boxing gloves of not more than 8 ounces in weight.

3 Weights to be: Bantam, 105 lbs. and under; Feather, 115 lbs. and under; Light, 135 lbs. and under; Middle, 158 lbs. and under; Heavy Weight, 158 lbs. and over.

4. Any athlete who weighs in and then fails to compete, without an excuse satisfactory to the Games Committee, shall be suspended for six months.

5. In all open competitions the result shall be decided by two judges with a referee. A time-keeper shall be appointed.

6. In all competitions the number of rounds to be contested shall be three. The duration of rounds in the trial bout shall be limited to three minutes each. In the "finals, the first two rounds will be three minutes each, and the final round four minutes. "[illegible]
between each round shall be one minu[illegible]

13. In all competitions the decision shall be given in favor of the competitor who displays the best style, and obtains the greatest number of points. The points shall be: For attack, direct clean hits with the *knuckles* of either hand, on any part of the front or sides of the head, or body above the belt; defense, guarding, slipping, ducking, counter-hitting or getting away. Where points are otherwise equal, consideration to be given the man who does most of the leading off.

14. The referee may disqualify a competitor who is boxing unfairly, by flicking or hitting with the open glove, by hitting with the inside or butt of the hand, the wrist or elbow, hitting or catching hold below the waist, or hitting when down (one knee and one hand or both knees on the floor), butting with the head or shoulder, wrestling or roughing at the ropes, using offensive and scurrilous language, or not obeying the orders of the referee.

15. All competitors who have been beaten by the winner shall be entitled to compete for second place, and all who have been beaten by the winners of either first or second place shall be entitled to compete for third place.

16. Any athlete who competes in a boxing contest of more than four rounds shall be suspended for such stated period as may be determined by the Board of Managers of the association of the A. A. U. in whose territory the offense was committed.

17. In the event of any question arising not provided for in these rules, the referee to have full power to decide such question or interpretation of rule.

7. In all competitions, any competitor failing to come up when time is called shall lose the bout.

8. Immediately before the competition each competitor shall draw his number and compete as follows: To have a preliminary round of as many contests as the total number of contestants exceeds 2, 4, 8, 16 or 32, and drop the losers. This leaves in 2, 4, 8, 16 or 32 contestants, and the rounds then proceed regularly with no byes or uneven contests.

9. Each competitor shall be entitled to the assistance of one second only, and no advice or coaching shall be given to any competitor by his second, or by any other person during the progress of any round.

10. The manner of judging shall be as follows: The two judges and referee shall be stationed apart. At the end of each bout, each judge shall write the name of the competitor who in his opinion has won, and shall hand the same to the announcer (or master of ceremonies). In case the judges agree, the master of ceremonies shall announce the name of the winner, but in cases where the judges disagree, the master of ceremonies shall so inform the referee, who shall thereupon himself decide.

11. The referee shall have power to give his casting vote when the judges disagree to caution or disqualify a competitor for infringing rules, or to stop a round in the event of either man being knocked down, providing that the stopping of either of the first two rounds shall not disqualify any competitor from competing in the final round to decide the competition in the event of either man showing so marked a superiority over the other that a continuation of the contest would serve only to show the loser's ability to take punishment. And the referee can order a further round, limited to two minutes, in the event of the judges disagreeing.

12. The decision of the judges or referee, as the case may be, shall be final.

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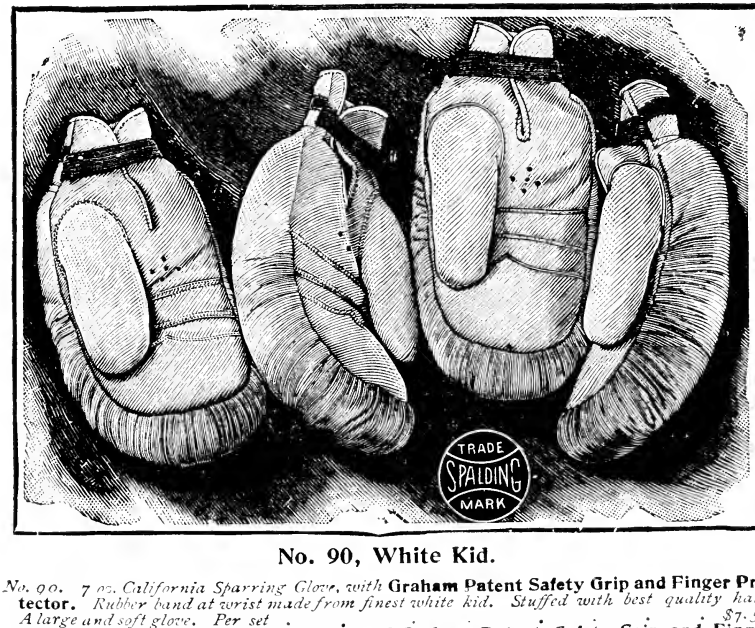

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